



10 Things You Can Do to Change our Food System

1. Stop drinking sodas and other sweetened beverages.

You can lose 25 lbs in a year by replacing one 20 oz soda a day with a no calorie beverage (preferably water).

2. Eat at home instead of eating out.

Children consume almost twice (1.8 times) as many calories when eating food prepared outside the home.

3. Purchase fewer processed foods.

Visit the outer aisles of the grocery store where healthier items are placed. Processed foods tend to live in the inner aisles.

4. Tell schools to stop selling sodas, junk food, and sports drinks.

Over the last two decades, rates of obesity have tripled in children and adolescents aged 6 to 19 years.

5. Meatless Mondays—Go without meat one day a week.

An estimated 70% of all antibiotics used in the United States are given to farm animals.

6. Buy organic or sustainable food with little or no pesticides.

According to the EPA, over 1 billion pounds of pesticides are used each year in the U.S.

7. Protect family farms; visit your local farmer's market.

Farmer's markets allow farmers to keep 80 to 90 cents of each dollar spent by the consumer.

8. Make a point to know where your food comes from—READ LABELS.

The average meal travels 1500 miles from the farm to your dinner plate.

9. Grow your own food.

Start a garden in your back yard or plant some tomatoes in a pot. You'll be surprised how much you can grow in a small space!

10. Join the Healthy Hometown Food in Neighborhoods Committee.

Help us address Food Access and Food Justice in Louisville! (see your program for contact information.)



For more information and reading material, visit: <http://www.foodincmovie.com/reading-list.php> and www.takepart.com